# Get Help to QUIT Smoking

If you live in Baltimore County, call

410-887-3828

or

call the Maryland Quitline at

**1-800-QUITNOW** 

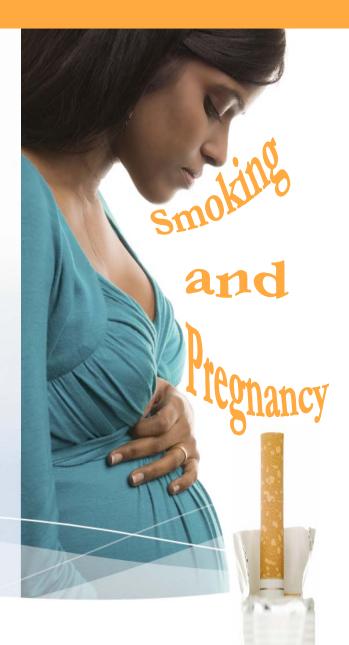


### Baltimore County Department of Health

Healthy people living, working, and playing in Baltimore County

Gregory Wm. Branch, M.D., MBA, CPE – Health Officer and Director Baltimore County Executive Kevin Kamenetz and the Baltimore County Council

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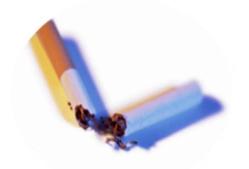


DON'T MIX!

# Why YOU should quit smoking!

If you are pregnant or thinking of becoming pregnant, get help to quit smoking now.

Smoking is an unhealthy habit that not only affects the smoker, but also those who inhale the smoke.



# Did you know?

Pregnant smokers have:

- higher risk of bleeding
- more miscarriages
- more premature deliveries

Babies of pregnant smokers have:

- higher risk of prematurity or being a stillborn
- lower birth weights for age
- more respiratory illnesses during infancy
- 2 to 3 times higher risk of Sudden Infant Death
- more risk of developing ADHD



## What is secondhand smoke?

"Secondhand smoke" is the smoke in the air which is inhaled by anyone who is near the smoke. It lingers for hours to days. Simply turning on a fan or opening a window will not decrease the harm it can cause. When smoking occurs, the dangerous chemicals in cigarettes get trapped in clothing, seats, curtains, pillows, etc. It is especially dangerous for small children to be around secondhand smoke.



### Small children should not be around smoke!

Children exposed to smoke or the chemicals from cigarettes have:

- more infections especially ear, throat and lung infections
- more asthma
- higher risk of cancer

If you have a small child in your house, do not allow anyone to smoke in your home or car.